



Roasted Red Pepper Dip I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



285 min.

SERVINGS



4

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 tablespoons brown sugar
- 14.5 ounce canned tomatoes diced with green chile peppers, with liquid canned
- 2 chile peppers fresh hot seeded chopped
- 1.5 teaspoons cumin seeds
- 2 teaspoons garlic chopped
- 0.8 cup onion diced
- 0.5 teaspoon oregano dried
- 0.3 cup red wine

- 7 ounce roasted peppers red
- 2 tablespoons tomato paste
- 2 tablespoons distilled vinegar white

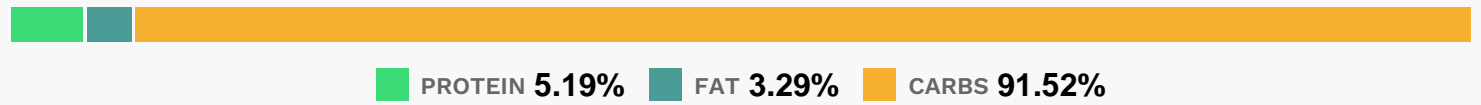
Equipment

- sauce pan
- blender

Directions

- In a large saucepan, place diced tomatoes with green chile peppers, roasted red peppers, onion, red wine, brown sugar, hot chile peppers, tomato paste, distilled white vinegar, garlic, oregano and cumin seeds. Bring to a boil, then reduce heat and allow mixture to simmer approximately 30 minutes.
- Place mixture in a blender, and blend to desired consistency. Chill in the refrigerator 4 hours, or until cold, before serving.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:9.8886955510015%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.32mg,

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Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 145.39kcal (7.27%), Fat: 0.5g (0.77%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 25.95g (9.44%), Sugar: 21.58g (23.98%), Cholesterol: 0mg (0%), Sodium: 1094.56mg (47.59%), Alcohol: 2.12g (100%), Alcohol %: 1.04% (100%), Protein: 1.78g (3.55%), Vitamin C: 72.24mg (87.56%), Fiber: 5.38g (21.51%), Vitamin B6: 0.3mg (14.87%), Manganese: 0.29mg (14.36%), Vitamin A: 609.09IU (12.18%), Iron: 1.75mg (9.7%), Potassium: 337.89mg (9.65%), Copper: 0.16mg (7.84%), Magnesium: 24.62mg (6.15%), Calcium: 61.49mg (6.15%), Vitamin K: 5.88µg (5.6%), Folate: 20.84µg (5.21%), Vitamin B3: 0.95mg (4.76%), Phosphorus: 46.86mg (4.69%), Vitamin B2: 0.07mg (3.89%), Vitamin E: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.76%), Zinc: 0.34mg (2.28%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.15mg (1.49%)